

Baulkham Hills High Newsletter

www.baulkhamhillshighschool.com.au



Year 12 Visual Arts 2021 HSC Body of Work (more artwork coming soon)

Above artwork – Painting by Bowen Xiao Y12

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Website Link: <http://www.baulkhamhillshighschool.com.au>

From the principal's desk:

Welcome back to Years 7 to 11 and Support students to face to face learning. It has been 17 weeks since students have been in classrooms with their teachers. Thank you to students, staff and our community for their support and diligent effort to get to this place.

Some quick reminders;

- Please be COVID-safe – at school
 - masks on inside
 - follow healthy hygiene practices (including travelling on public transport to and from school)
 - during breaks, please assemble in separate, designated areas.
- The school canteen is open.
- "Sport" on Wednesday's for Years 8, 9 and 10 is currently on hold due to COVID-19.

Cont. P2

25 October 2021



Calendar 2021

This calendar is subject to change so please check carefully each week for any alterations. A whole year calendar is on the school website at www.baulkhamhillshighschool.com.au

Dates on the Calendar will be updated as further advice regarding COVID-19 comes to hand

Term 4

Week 3
Monday 18 October Y12 Return to School – 18/10-22/10 incl.
Tuesday 19 October
Wednesday 20 October
Thursday 21 October
Friday 22 October
Week 4
Monday 25 October Y7 to Y11 and Support Students return to school
Tuesday 26 October P&C General Meeting 7.30pm
Wednesday 27 October
Thursday 28 October
Friday 29 October Y11 & Support Reports Issued
Week 5
Monday 1 November
Tuesday 2 November
Wednesday 3 November
Thursday 4 November
Friday 5 November
Week 6
Monday 8 November
Tuesday 9 November HSC Exams 9/11 to 2/12 incl.
Wednesday 10 November
Thursday 11 November
Friday 12 November
Week 7
Monday 15 November HSC Exams 9/11 to 2/12 incl.
Tuesday 16 November Y7 Vaccinations P1-6 (Fletcher)
Wednesday 17 November
Thursday 18 November
Friday 19 November Y7 (incl support) Wellbeing Day (Huang/Thurlow)

From this Wednesday until further notice

- Years 8 & 9 will be divided into PE classes and do "walking"
- Year 10 will be dismissed after period 5. They may either leave the school and travel home, or remain at school for private study.
- Permission notes have been sent out separately to all parents/carers of Years 8, 9 and 10 students to be completed electronically.

I will no longer be sending out "Community Updates" at the same frequency as during lockdown. Please ensure you check the school newsletter which is distributed each Monday. Further upgrades to our communication platforms will take place in 2022.

Wayne Humphreys
Principal

Baulko News

Some reminders

Vaccination requirements for staff and students

I want to let you all know that from 18 October all staff onsite required to support the staged return of students will need to be fully vaccinated. You can have confidence that we are handling the evidence requirements with the department and anyone interacting directly with your students will be fully vaccinated.

COVID-19 vaccination is the best protection against severe illness and also reduces the risk of spreading COVID-19 to others. Getting vaccinated against COVID-19 now will help to protect both you, your family and our school community.

NSW Health are urging all students 12 and over to get vaccinated with the Pfizer or Moderna COVID-19 vaccine as soon as possible before returning to school.

There is currently sufficient supply of the Moderna vaccine to community pharmacies and the Pfizer vaccine to General Practitioners. Bookings can be made via the [Vaccine Clinic Finder](#). Depending on location, bookings are available within the next few days.

Updated mask requirements

When students and staff return to school, masks are required for all staff and students in Year 7 and above in all indoor settings

Masks are mandatory on public transport. This applies to students aged 13 years and over, and to staff when travelling to and from school and during school excursions by public transport or by chartered or private transport services.

Ventilation in schools

Ventilation is an important layer of support under COVID-safe operations alongside vaccinations, mask wearing, reducing mingling across year groups and good cleaning and hygiene. The department's ventilation recommendations have been informed by NSW Health advice, expert advice from the Doherty Institute and the World Health Organisation.

This advice tells us that maximising natural ventilation in our learning spaces is the most effective method for minimising the spread of COVID-19 as it is a very effective way to disperse particles in the air. This can be best achieved by opening doors and windows.

Continued

Baulko News

Ventilation in schools continued

To maximise our school's readiness for the return of students and staff, the department also conducted a statewide review of all windows, fans and ventilation systems to ensure schools can operate them as intended.

The audit confirms the majority of spaces in schools can be adequately ventilated through natural and mechanically assisted ventilation. We are taking action and working with our local Asset Management team to make sure classes can go ahead within the advice received on ventilation for our school. The intent of the individual school ventilation audit reports is to enable our local Asset Management teams to work with schools to discuss our individual spaces and confirm settings on our sites. We are taking action and working with our local Asset Management team to make sure classes can go ahead within the advice received on ventilation for our school.

Any necessary repair works identified by the review, such as easing and adjusting windows to ensure they operate as intended, will be completed before the full return to face-to-face learning from 25 October.

If you'd like more information, refer to the department's [Ventilation page](#).

HSC

Year 12 students and those sitting HSC exams in schools will have access to their teachers leading up to the exams. This week, only Year 12 and current HSC students will be on the school site.

The department's [Stay Healthy HSC website](#) had been used to keep students active and connected during the HSC with resources developed in partnership with ReachOut. We have also provided support resources for HSC students' parent and carers which includes practical advice and information about mental health and wellbeing.

Wellbeing resources for students and families

Please take some time to check out our [wellbeing resources for students and families](#). You'll find useful tools for mental health and wellbeing. Please do not hesitate to reach out if we can do anything to help you and your children to prepare for the return to face-to-face learning or if you have any concerns about the return to school.

Thank you again for your continued support during what has already been a fast-moving school term.

Sentral Parent Portal

Dear Parents,

The BHHS Sentral for Parents app is now available. This can be found in the app store on both apple and android devices by searching "Sentral for parents".

If you haven't already created an account previously with Baulkham Hills High you will need to register for the first time. New family codes will be emailed out later this week with instructions on how to register.

If you have already used the BHHS parent portal and registered, you don't have to do anything extra except sign in with your existing account.

The Parent portal can still be accessed by browsing to <https://baulkham-h.sentral.com.au/portal> alongside the new app.

Using the Sentral parent portal and Sentral for parents app you will be able to see your students:

- Timetable
- Merits
- Absence history
- Applying for future absences
- Notifications
- As well as having easy access to the school calendar and newsletters
- There will be more features coming, keep an eye out for updates

Further details are available here: <https://info.sentral.com.au/new-app-getting-started>

Regards,
Andrew Lorbach
ICT Manager

Applications to join Minister's Student Council in 2022 for Years 7-9

Applications to join the Minister's Student Council in 2022 are open now and close on **Monday 22 November 2021**.

Do you feel like you have voice to make a difference in making decisions and are in years 7-9.

Please see the following attachment for how you can apply

https://education.nsw.gov.au/student-wellbeing/student-voices/minister-s-student-council/apply-to-be-involved?fbclid=IwAR0jFw90l2COFTpHSGY8u4KcKR9gkCo6pVpFTyN_AMJnslcbbchUJXvBdA

Lisa Greenlees
H T Teaching and Learning



Band News

Unfortunately due to current guidelines, face to face rehearsals will not be able to go ahead for the remainder of the year. The Multicultural performance and the end of year Concert will also be cancelled.

Ensure you hop on to Google classrooms to receive messages and updates from your Conductors. Emails have been sent for adjusted times for zoom rehearsals with Dr Madrid- please notify band administrator if you have not received an email

- **Intermediate Band Monday 3:45-4:30pm**
- **Concert band Wed 7:30-8:00am** (for those who can attend and not commuting to school)
- **Orchestra Sat 9:00am - 9:45am**

These will commence this week, through to the end of week 7.

Rehearsals for the **String Ensemble** are scheduled on Sundays at 3:30pm with Mrs Choong. Attendance rolls will be marked for each rehearsal. If you are not able to attend due to illness or other valid reason, please contact the band administrator with an explanation for your absence.

Senior Band and Junior Band - continue to check Google classroom for updates from Ms Brown

Workshops - excitingly workshops for Senior Band and Symphonic Wind Orchestra are being organised via zoom with International clinicians. Dates TBC

The Band committee is planning and working hard to provide a full band program for next year, hopefully without further restrictions or interruptions. There will be performance opportunities for all students as well as plans to attend **State Championships!**

Please continue to undertake private music lessons and practice regularly.

Band Lockers - Year 12 students please remember to take home your items from the band lockers, remove your padlocks and leave them clean

Hired Instruments - Students who have hired a school owned instrument this year please contact the band admin to advise whether you wish to continue with the use of the instrument for next year, or whether you will be investing in your own instrument. A date will be organised near the end of year for instruments to be returned so they can be sent for servicing.

Save The Date - Audition Day Saturday January 29th. Audition requirements will be emailed soon with further information.

Auditions to join Orchestra (non string instruments) and the Big Band will also be held on Sat Jan 29th- if you are interested, contact the band administrator for more information and audition requirements

If you are not receiving emails from the band, please contact the Band Administrator bhhsbandcom@gmail.com to update your email address.

The Band Committee





Can you believe we did 13 weeks of learning from home? CAPA students have worked with positivity, creativity and have impressed the CAPA staff with their dedication, resilience, and creativity. We couldn't be prouder of the work CAPA students have produced online and looking forward to seeing them continue working so well in the lead up to our online Creative and Performing Arts Showcase.

Big congratulations to our Year 12 Visual Arts and Music students who have submitted their Body of Work and Music pieces. We are beyond proud of their submissions!

A very special mention to our Visual Artists who currently have their work exhibited in the Operation Art website.

Congratulations to Lydia Lin (7) Salah Sbeti (7) Amani Sheikh (7) Tanisha Sha (7)

Every year, schools across New South Wales are invited to participate in Operation Art, an initiative of The Children's Hospital at Westmead in association with the New South Wales Department of Education. The Operation Art program provides a forum for schools and students to demonstrate their visual arts achievements through exhibitions at the Armory Gallery, Sydney Olympic Park and the Art Gallery of New South Wales. To view the exhibition visit:

<https://digital.artsunit.nsw.edu.au/visual-arts/operation-art/2021-exhibition>

<https://digital.artsunit.nsw.edu.au/visual-arts/operation-art/2021-exhibition/western-sydney-1#baulkham-hills>

A special shout out to Salah Sbeti with his artwork 'Mountain Bike' who won an Operation Art Art Bank award. This means that his work has been selected to be on permanent exhibition in the Children's Hospital 😊 Congratulations Salah we are so proud of you!



Baulkham Hills High School



Dynamic Abode

By Lydia Lin

Year 7

My artwork "Dynamic Abode" is inspired by Howard Arkley and his ability to alter how we look at and appreciate suburban spaces. In my work I reimagine my stereotypical suburban home by switching dull colours with a vibrant palette.



Mountain Bike

By Salah Sbeti

Year 7

When I grow up I want to go to the mountains and ride a bike with my family. This is a picture of the biggest mountain in the world that I made from scratch foam. I put ink on it first and then pressed it on to paper two times.



The Great Wall of China

By Amani Sheikh

Year 7

This artwork depicts the great wall of china, with different colours. I used colours to communicate that natural and human-made structures are different, they're both beautiful and unique in their own way.



The Louvre Palace

By Tanisha Shah

Year 7

I chose this place because of it's significance within the art world. Many of the greatest artworks of all time are housed within this structure and therefore the colours that I've chosen is an ode to the wonders that is inside.

Have a great week everyone!

Thank you

Miss Pugliano

Head Teacher Creative and Performing Arts

Year 9 Photography and Digital Media

This term students have been exploring the importance of mise en scene in film making and photography through an investigation of the practice of classic filmmaker Alfred Hitchcock and his influence on four contemporary photographers who were inspired by his practice. The photographers included Cindy Sherman, Alex Prager, Gregory Credson and Tracey Moffatt.

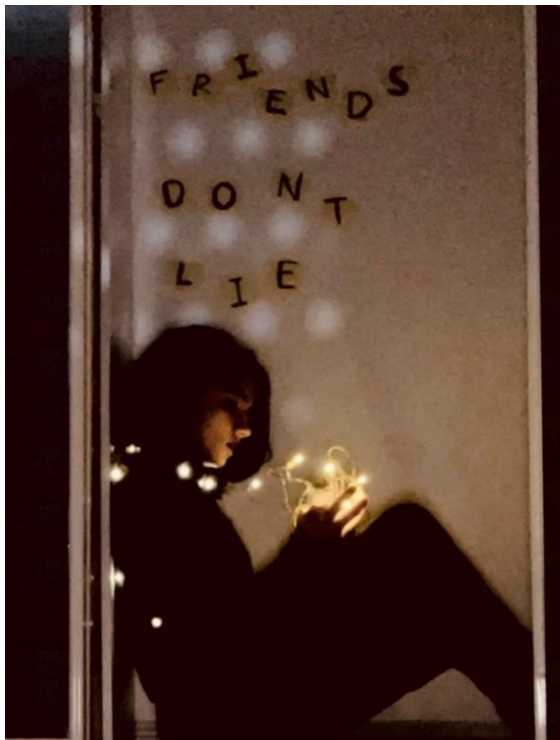
Mrs Meagher



Naaz Bareja



Selin Cakir



Naaz Bareja



Selin Cakir



Wishah Junaid



Sarah Leeken



Selin Cakir



Naaz Bareja

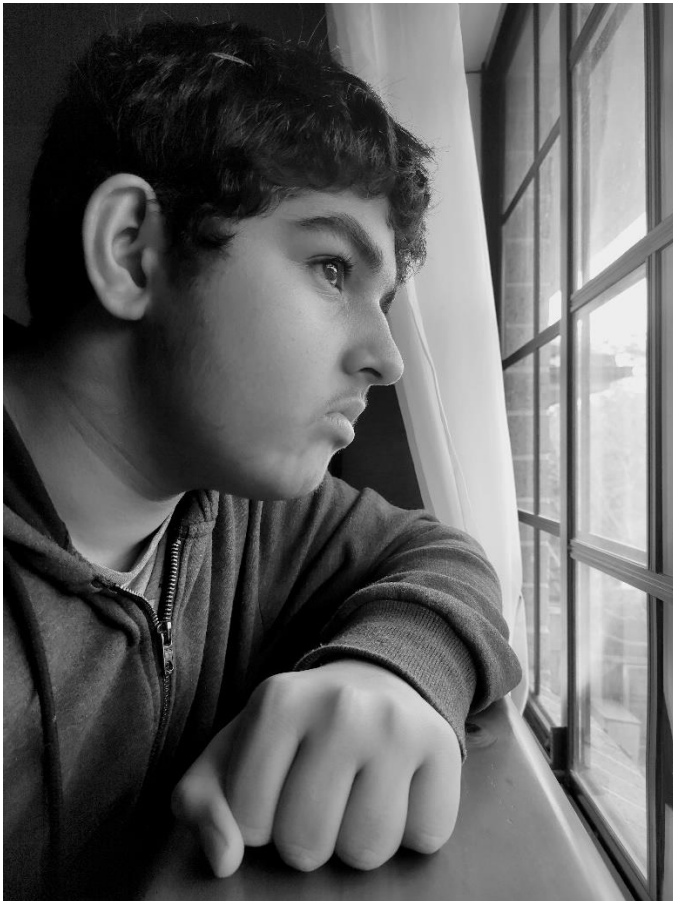
25 October 2021



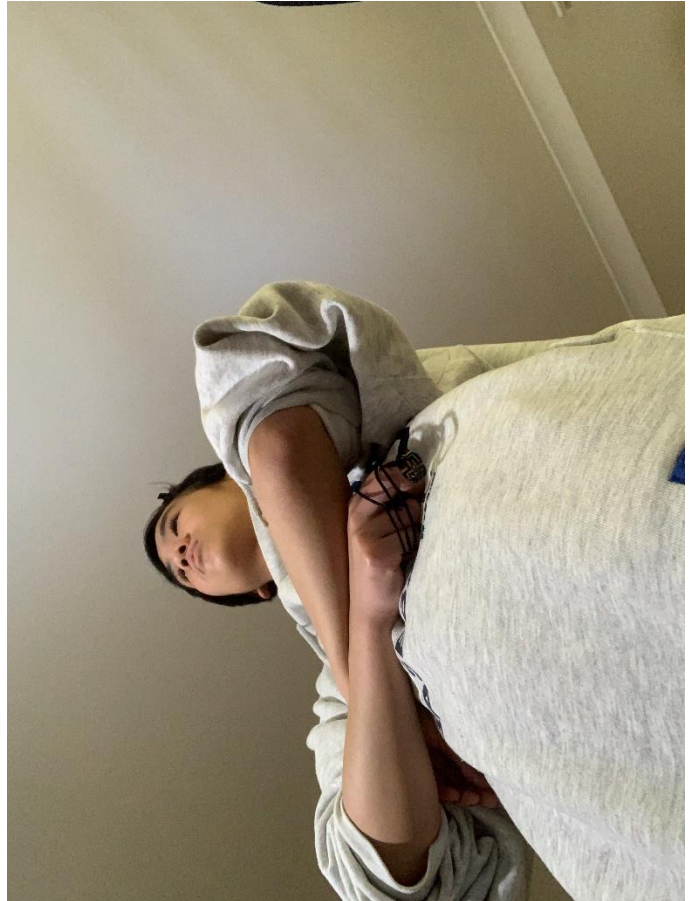
Sarah Leeken



Aadie Karim



Arya Wadhwani



Sarah Leeken

25 October 2021



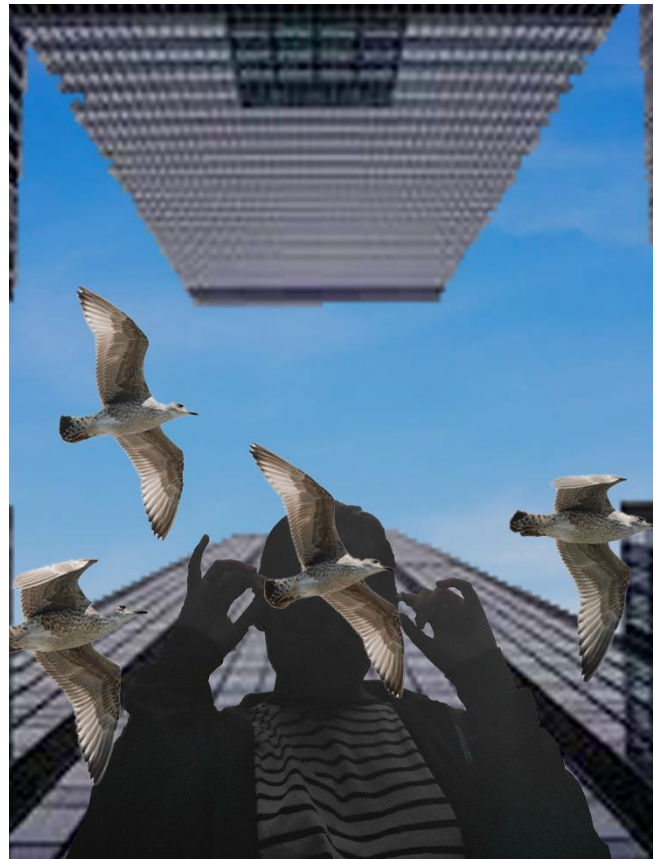
Ada Hu



Sowon Lee



Thawda Htun



Wishah Junaid



Keshikaa Pahvanithas



Selin Cakir



Aadie Karim



Thawda Htun

25 October 2021



Keshikaa Pahvanithas



Thawda Htun



Aamika Daniel



Wishah Junaid

25 October 2021



Erin Tran



Dear Parents/Carers

All Hillsbus school services will recommence from Monday 18 October 2021.

From that date, Hillsbus will also recommence School Term timetables for all public routes for students who use public routes to school.

Finally, from the 18th October route 610X peak extensions from/to Kellyville will be curtailed to operate between Castle Hill and the City, and there are minor timing changes to routes: 602X, 607X, 610X, 611, 612X, 613X, 614X, 615X, 616X, 619, 620X, 622, 642X and 652X. Schools which are directly affected by any of these changes have been informed with new school advice sheets.

Travellers are encouraged to plan their trips on [Transportsw.info](https://transportsw.info) or call 131500 for travel options.

<https://cdcbus.com.au/hillsbus>



SCHOOL TIMETABLE

WESTERN SUBURBS REGION

Baulkham Hills High School

Timetable effective from Monday 25 October 2021

Amended 10/09/2021

(R) Bus Turns Right - (L) Bus Turns Left

MORNING

Bus Number	Route Number	Time	Locations Served	Route Description
6002	-	7:28 AM	Quakers Hill Acacia Gardens Glenwood Parklea	LAST PICK UP OLD WINDSOR RD/NORWEST BLVD Departs Quakers Hill Station via Lalor Rd (L) Hambledon Rd (R) Barnier Dr (L) Farnham Rd (L) Quakers Hill Pkwy to Sentry Dr (7:41am), continues Quakers Hill Pkwy (L) T-Way (R) Sorrento Dr (R) Glenwood Park Dr (L) Meurants Ln (L) Glenwood Park Dr to Peak St (7:50am), continues Glenwood Park Dr (R) Tarwin Av (R) Miami St (R) Old Windsor Rd to Norwest Blvd, then to School.

AFTERNOON

Bus Number	Route Number	Time	Locations Served	Route Description
6531	-	3:21 PM	Acacia Gardens Glenwood Parklea Quakers Hill	FIRST SET DOWN NORWEST BLVD & GREENHILL DR Departs School via Windsor Rd, then to Norwest Blvd & Greenhill Dr, continues (R) Greenhill Dr (L) Meurants Ln (R) Glenwood Park Dr to Peak St (3:39pm), continues Glenwood Park Dr (L) Forman Av (R) Glenwood Park Dr (L) Sorrento Dr (L) Sunnyholt Rd (R) Quakers Hill Pkwy (R) Farnham Rd (R) Barnier Dr (L) Hambledon Rd (R) Lalor Rd, Pearce Rd to roundabout, turns around & returns to Quakers Hill Station (3:59pm), continues Pearce Rd, Lalor Rd (L) Hambledon Rd (L) Quakers Hill Pkwy (R) Richmond Rd (L) Golding Dr (R) Armitage Dr (L) Adrienne St to Lamb St (4:13pm).

Explanation of Absences

Dear Parents / Guardians

When your child is away from school it is important parents comply with the guidelines set out in the *Student Attendance Policy, Student Attendance in Government Schools Procedures*, as well as established school procedures.

Absence from School

Parents are required to provide an explanation of absence to the school **within seven (7) days** from the first day of any period of absence.

***If a student is absent for three (3) days or more
a medical certificate is required.***

***If your child has had a COVID test - please screenshot your
COVID test result and email your result to
baulkham-h.school@def.nsw.edu.au
before your child comes back to school.***

Absentee Notice

Periodically the school sends home an Absentee Notice when an explanation for absence has not been received.

If you receive an Absentee Notice please provide an explanation of absence and inform the school immediately.

Ms Zhu, Head Teacher, Administration



School Travel for 2022



2022 school travel applications are now open

Students who need a School Opal card or travel pass for 2022 can [apply](#) now. A new application will need to be submitted if they are applying for a school travel pass for the first time, or if they are requesting an additional travel entitlement as a result of a new shared parental responsibility situation (e.g. joint custody).

Students who change address, school, campus location, or who have repeated a year or received an expiry notification from Transport for NSW for their school travel entitlement should [renew or update](#) their details before **the end of term 4**. This will ensure that schools can endorse applications and current entitlements are updated and remain valid. School Opal card holders will have the changes applied to their existing card.

If a student's distance eligibility has changed based on their grade the system will automatically update their entitlement if they meet the new criteria. If they do not meet the new [eligibility criteria](#), they will receive an expiry notification via email.

Students who have an entitlement approved under a medical condition that is due to expire will receive a notification advising them to re-apply.

[Term Bus Pass](#) holders will receive a notification to re-apply.

Students in the Opal network applying for an Opal card (including a Term Bus Pass) for the first time will receive their Student Opal card at their nominated postal address. Cards will be mailed out from January 2022.

Students living in rural and regional (R&R) areas should receive their travel pass at the start of the new school year from their nominated transport operator. It may come via the school or be sent directly to them at home. **Note:** some R&R operators do not issue travel passes. Students/parents should confirm with their nominated operator if they do not receive a pass.

School Student Transport Scheme site change

On 1 October 2021 the School Student Transport Scheme (SSTS) information and application portal was moved to transportnsw.info. This will assist families to find all their travel information in the one place.

Travel from Term 1 2022

We ask that parents plan ahead and make sure their child knows which service/s to use and has a valid ticket to travel; either a School Opal card or Child/Youth Opal card (within Greater Sydney) or a School Travel Pass (outside Greater Sydney), from the start of the school year.

Applications for the School Student Transport Scheme (SSTS) open at the start of Term 4 2021 for travel in 2022, so parents/students can [apply](#) or [update](#) details early and be ready for the start of the new school year.

Most students using the Opal network will not need a new Opal card and can continue travelling on their existing card each year.

The start of the year is a difficult period for local bus operators, and students travelling without a valid ticket make service planning and operations increasingly difficult.

We recognise that for some families last minute changes to school enrolments mean they may not have a School Opal card or Travel Pass for the start of term. In the Opal network, we strongly encourage these families to have their children travel on a Child/Youth Opal card until they receive their valid School Opal card. If outside Greater Sydney, parents should contact their [local bus operator](#) to discuss their travel needs.

Bus operators are flexible and understanding, particularly at the start of the school year, and will ensure students can travel safely to and from school. But to best support our operators we encourage all students to have a valid ticket, as early as possible, from the start of the school year.

Please also remember that students using Opal cards must tap on and tap off in line with the [Student code of conduct](#) and [Opal terms of use](#).



Further information can be found at transportnsw.info/travel-info/using-public-transport/school-travel

Enquiries can be submitted at transportnsw.info/contact-us/feedback/passes-concessions-feedback

NSW Department of Education

COVID-safe operations for schools

Students return to face-to-face learning in staged cohorts. COVID-safe operations are maintained through high rates of staff and student vaccination, safe rostering and physical distancing.

Department Preschools,
Kindergarten & Year 1

18
October

All other years

25
October

From 18 October, students sitting their HSC exams will be able to access their schools full-time for revision and study sessions.

Students should be at school from the date indicated for their year group unless they are unwell.

Drop-offs and pick-ups



Drop-offs and pick-ups will be by staggered groups and all entrances and exits will be used to start and finish school days.

Please follow the physical distancing rules, avoid gathering outside gates, remain off school grounds and wear a mask. (some exceptions made for vulnerable students.)

Try to stay in the car. This does not apply to (OOSHC). Sign-in procedures are required.

Vaccination



All adults on school sites must be fully vaccinated against COVID-19, including employees, contractors, volunteers and essential visitors. Students aged 12 or above are now eligible for a COVID-19 vaccination. Parents and carers can book in a Pfizer or Moderna vaccine now.

Visitors



Only essential visitors are allowed on school sites. All visitors are required to wear a mask and sign-in using the Service NSW QR code when entering the school.

Masks



Masks will be required for all staff and all students

in Year 7 and above while they are indoors and outdoors on school sites unless eating or exercising. Masks are strongly recommended for primary students both indoors and outdoors unless eating or exercising.

Students should bring their own masks where possible, but schools will have back-up supplies just in case. Masks are also required for all travel on public transport for children 13 years and older.

Hand hygiene & cleaning



Students will be reminded to wash their hands often. Sanitisers, soaps, paper towels and other essential items will be readily available for students. Enhanced cleaning will continue on our school site.

Ventilation



Open or well-ventilated spaces reduce the risk of transmission of COVID-19 because infectious particles are more quickly diffused in the open air than in spaces with less ventilation. Outdoor settings will be used where practicable.

A Message from the Wellbeing Team

Dear Parents/Guardians,

In the midst of uncertainty and ever-changing circumstances, it is especially important to support you and your child's mental, physical and emotional wellbeing. We understand that disruptions to routine can cause undue stress and anxiety, and we understand that the present circumstances surrounding Covid-19 are also likely to cause a mix of feelings and emotions.

The Wellbeing Team would like to remind you that there are many support services and information available to you and your child -24/7. We encourage you to be proactive in seeking information and/or support services when needed, and in safeguarding your child's mental health.

To assist you with this, the Wellbeing Team has put together a document containing details for a range of support services and information pertaining to mental health issues, parenting resources and more specifically to Covid-19.

Be proactive in supporting you and your child's mental health – access any of these resources when needed, and stay informed. Have regular conversations with your child about their wellbeing, and encourage them to engage with support services and open discussion about mental health.

If you have any questions or concerns, do not hesitate to contact one of your child's Year Advisers or myself.

We are here to support you, but there are also many resources and organisations available to support you beyond the school environment. We encourage you to engage with them.

On Behalf of the Wellbeing Team 2021 - Take care of yourselves!

Ms Terryanne Fletcher
Head Teacher Wellbeing
Baulkham Hills High School
Ph: 9639 8699



Resources to Support Wellbeing

Information for Parents!



Who can you call for support?

- In an emergency, always call triple zero (000)
- Mental Health Intake Line: 1800 011 511
- National Coronavirus Hotline: 1800 020 080
- Lifeline: 13 11 14 (24/7) (Webchat also available)
- Parent Line NSW: 1300 1300 52 (Webchat also available)
- Beyond Blue: 1300 22 4636 (Webchat also available)
- Suicide Call Back Service: 1300 659467 (24/7)
- Family Referral Service: 1300 403 373
- For support regarding domestic violence: 1800RESPECT

Resources on parenting

- <http://www.resourcingparents.nsw.gov.au/Parents>
- <https://raisingchildren.net.au/>
- <https://www.parentingideas.com.au/parent-resources/>
- <https://www.relationships.org.au/relationship-advice>
- <https://parenttv.com/>

How do you access external mental health support for your child?

- Talk to your local GP to obtain a referral to a psychologist.
- Online Psychologist Database: <https://www.psychology.org.au/Find-a-Psychologist>
- Headspace centres: <https://headspace.org.au/headspace-centres/>
- Mental Health Care Plan: <https://www.healthdirect.gov.au/mental-health-care-plan>

Online wellbeing programs for your child

- <https://www.cci.health.wa.gov.au/resources/looking-after-yourself> (self-help resources on various topics)
- <https://thiswayup.org.au/> (mood, anxiety, mindfulness, sleep, and stress)
- <https://brave4you.psy.uq.edu.au/> (anxiety)
- <https://moodgym.com.au/> (mood)

Apps your child can download

- Headspace (mental health support and guided relaxation strategies)
- Smilingmind (guided relaxation strategies)
- Virtual Hopebox (distraction techniques and relaxation strategies)
- What's up (for managing difficult thoughts and emotions associated with anxiety, depression etc)
- Self-Help for Anxiety Management (SAM) (build your own 24-hour anxiety toolkit)
- Daylio (mood and activity tracker, to help remind you which activities lift your mood)
- BeyondNow (create a safety plan to help you if ever at risk of harm)
- Mindshift (teaches the importance of changing how you think about anxiety)
- Calmharm (supports individuals with temptation to self-harm)



Where can you learn more about mental health?

- Beyond Blue: <https://www.beyondblue.org.au/the-facts>
- Headspace: <https://headspace.org.au/>
- Kids Helpline: <https://kidshelpline.com.au/teens>
- Black Dog Institute: <https://www.blackdoginstitute.org.au/>
- Butterfly Foundation: 1800 33 4673 or <https://butterfly.org.au/get-support/chat-online/>

Information about Covid 19

- World Health Organisation Q & A: <https://www.who.int/news-room/q-a-detail/q-a-coronaviruses>
- World Health Organisation Advice for the Public: <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>
- Australian Government Official Covid Website: <https://www.australia.gov.au/>

Tips for supporting stress & anxiety around Covid

- Tips for Handling Coronavirus Anxiety & Stress: <https://www.blackdoginstitute.org.au/resources-support/coronavirus-resources-for-anxiety-stress/>
- Coronavirus Mental Wellbeing Support: <https://coronavirus.beyondblue.org.au/>
- CDC: Mental Health and Coping during Covid-19: <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>
- How to cope with Covid-19 stress: <https://headspace.org.au/young-people/how-to-cope-with-stress-related-to-covid-19/>
- CDC: Helping Children Cope with Emergencies: <https://www.cdc.gov/childrenindisasters/helping-children-cope.html>



BODY IMAGE *Tips* YOUNG PEOPLE

Did you know that body image is how you FEEL and THINK about your body? It's actually not about what you look like!

No two people were born to look or be the same. Celebrating and embracing our differences is really important. There isn't a right or a wrong way to look.

Beauty and appearance ideals exist in all societies and they are all unhelpful! These ideals don't encourage uniqueness but instead suggest that everyone 'should' and 'could' look a certain way, which is unrealistic! Spending time, money and energy on changing your appearance is exhausting and research tells us that altering your appearance won't help your body confidence or self-esteem in the long run. What will help, is reminding yourself that you have the power to change the way you see, think and feel about how you look.

Here are some positive tips to help you:

You are so much more than your appearance. You are not an 'object' or a 'thing'. You are a human being. Your weight, body shape, muscles, hair/skin colour, complexion, height does not define you. Your appearance does not determine your worth.

Avoid making unhelpful comparisons. The more you compare your appearance to siblings, friends, celebs, sport stars or anyone, the more unhappy you'll feel. It's ok to admire beauty in others, but avoid devaluing your own body if you do.

Treat your body well. Your body is the only one you're ever going to get. It might not look exactly as you'd like, but it does so many amazing things for you. Speaking kindly, finding exercise and activities that you love, eating mindfully and taking time out to rest, demonstrates body respect. It's really important that you avoid any kind of restrictive diet and excessive exercise plans. They do not work or help your body confidence (no matter how much advertisers try to make us think otherwise).

Keep yourself media and social media savvy.

What you see may not always be! It's important that you stay savvy when looking at media and social media images. Photoshop, hair and make-up, endless filters and editing tools work to create the highly stylised and perfect images that you see – on celebrities and our friends. You never really know what is going on behind the image, remember, no one is perfect.

Go easy on yourself... AND your friends! Body bullying and food shaming is never ok. Speaking kindly to yourself and your friends – face to face and online – is the only way. If you wouldn't say it to a friend, avoid saying it to yourself. If you couldn't say it to someone's face, don't say it to them online. Words can build people up or tear them down. Use your words carefully (to yourself and to others).

Have fun with your appearance but don't let it rule your life. It's ok to take pride in your appearance and have fun with fashion and styling (if that's what interests you), but obsessing and worrying about how you look is not good for us. Remember, you are more than your appearance, so spend time doing the things that make you feel good.

Surround yourself with people who accept you as you are. Changing your appearance to fit in won't make you a better, more lovable person. If a person or group doesn't like YOU for who YOU are, then it's time to find some new people to spend time with. You are enough just as you are.

If your body image is getting you down or you are worried about a friend, talking helps and Butterfly is here to listen:

National Helpline on 1800 ED HOPE (1800 33 4673) or support@thebutterflyfoundation.org.au



BODY IMAGE *Tips* FOR PARENTS

Children are very sensitive to messages about body image and appearance from their parents. Often you may not even be aware of the messages your child is hearing from you. Parents can have a very positive impact on the way a child feels about the way they look and their self esteem. Helping your child develop a healthy body image is important as it can also strengthen their relationship with eating and exercise and reduce the risk of developing disordered eating and eating disorders.

Here are some tips on ways you can be a good body image role model for your child:

Reflect on your own relationship with your body.

This may not be easy but being aware of your attitude towards your own body will help you be conscious of the messages you send to your kids. Try to avoid looking in the mirror and making negative comments about the way you look. If your child sees that you feel comfortable and happy with your body, this can help them feel comfortable in their own skin.

Avoid talking about diets. Dieting is the biggest risk factor for an eating disorder. Try to avoid talking about diets, your "naughty" eating habits, or your weight and size. This can give kids the impression that weight and size are highly valued by you and they might feel pressure to look a certain way or be a certain size. Celebrate diversity and emphasise how loved and valued your child is no matter what their weight, shape or size.

Talk to your child about the way they feel about the way they look. Encourage your child to talk with you about their feelings. Create space to talk about things on a daily basis including what is happening with their friends. If your child feels safe to talk to you, then they are likely to share feelings about their bodies with you.

Help your child stay body confident when using social media. Talk to your child about the realities of digital manipulation and that what they see in the media and online is not always real. Encourage them to reflect on how their social media experiences make them feel and if it's not positive then they need to change it up.

Despite best parenting efforts serious body image issues and eating disorders do develop. It's important to recognise the warning signs of body dissatisfaction and low self esteem as early as possible. There are certain cues you can pick up on in your child once you know what to look for.

Here are some warning signs to keep an eye on in your child:

- Withdrawal from social events and activities that they used to enjoy
- A focus on diets, calories, health and particular foods. They might talk about wanting to be healthier or fitter and become obsessive about checking the nutritional content of what they are eating.
- They might become irritable or anxious around dinner time. They may refuse to eat certain foods or whole food groups.
- Complaints about the way they look, e.g. "I'm ugly" or "I'm fat", or negative comments about their abilities, e.g. "I'm hopeless"
- Frequent self scrutiny – such as weighing themselves or excessively looking at their reflection.
- Change in clothing style such as wearing baggy or oversized clothing

If you notice any of these signs in your child it is important to seek help as early as possible. You know your child best, so trust your instincts. If you are finding it hard to be accepting of your own body, remember it's never too late to seek help.

Butterfly can support you. Call our National Helpline on **1800 ED HOPE (1800 33 4673)** or email us at support@butterfly.org.au



Careers News

Year 12 2021 Final Checklist!!

Use this checklist to keep you on track for uni applications.

Good luck with receiving an offer and please share via email if you receive a scholarship/cadetship!

1. I have:

Check all that apply.

- ☐ Prepared for an interview by watching the videos, doing online course, mock interview etc.
- ☐ By 1 Nov - sent my EAS documentation to Ms Hardy via email including code (e.g. F01K)
- ☐ By 4 Nov - updated my preferences/contacted universities for my SRS application
- ☐ On 12 Nov - checked my SRS offers & accepted any offers (can reject later)
- ☐ Attended uni Info Days online or F2F in Dec/Jan to help me make my final choices
- ☐ By 17 Dec - uploaded all my EAS documentation to my UAC EAS portal (school to send EIS)
- ☐ 20 Jan (ATARs) until midnight 21 Jan - checked my UAC preferences and made any changes
- ☐ On 26 Jan 7:30 checked and accepted my offer [most offers will be made in this offer round]
- ☐ [if wanting another offer in later round] - checked UAC vacancy lists and re-ordered prefs
- ☐ Celebrate getting into university!

Careers News – Uni Zoom Lunch Sessions


Both UNSW and the University of Sydney (the top 2 destinations for students for Baulkham Hills High School students) presented via Zoom in Week 4 at Tuesday and Thursday lunches to supplement the face-to-face presentations that were held in Term 2 for a range of universities.

Thank you to USyd and UNSW for adapting to the changing environment and presenting to Year 10, 11 and 12 students in engaging presentations, preparing students for life beyond high school, notifying them of upcoming Open Days and answering questions.


Ms Hardy

University life


200+ clubs and societies




Sydney Uni Sport and Fitness




25+ cultural groups




University of Sydney Union



Events and activities





Jack Tropea

The University of Sydney

2021-08-05 13:20:13

Admissions timeline

Look at scholarships, admission pathways and accommodation
Application close dates vary, so research early and make a note of important deadlines!

Open Day

Apr

May

Jun

Jul

Aug

Sep

Oct

Nov

Dec

Jan

Feb

Create UAC application

Check if your degree has additional selection criteria

Submit UAC application to avoid higher fees!

HSC/IB results and ATAR released

Close of preferences Dec Round 2


Majority of offers made

Further offers made

Welcome Week

Uni starts

Offers made for your **highest eligible preference!**



Jack Tropea

The University of Sydney

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Careers News - Update for Year 12 Parents

What does my child have access to for Careers in Year 12?

Face-to-face/individual support

- Individual appointments with the Careers Advisor (applying to uni, scholarships, general Careers advice) – students can book via the link in Google Classroom to a Google Sheets schedule
- Written feedback for cadetships/scholarships/medicine applications is given via Google Docs as well as general advice via email
- Mock interviews for cadetships/scholarships/medicine

Speaker sessions

- Universities visit the school Tues & Thurs lunchtimes in Term 2 – schedule posted on Google Classroom and in the Year 12 Study; reminders sent to students via Google Classroom
- UAC Session and Scholarships/Written Applications Workshop (as part of Year 12 Wellbeing Day); resources have been emailed to students/on Google Classroom – please ask your child if you would like to see this information
- Students also had a speaker (doctor) present a session on Career Resilience & Planning as part of their Year 11 Wellbeing Day in 2020

Subscription Services

- Online interview skills course (see handout in this newsletter; access details have been emailed to students)
- Study Work Grow newsletter (to receive information directly from universities/industry)
- Morrisby Online Profiling – students have had access to this since Year 10 – list of career suggestions/uni courses based on a student's individual profile
- Career Central Career Management Software – access via BHHS Google Accounts
- The Careers Department (Virtual Work Experience and audios/videos of careers & university courses)

Online/informational Support

- Regular updates are posted in Google Classroom including scholarship & cadetship information, expos, competitions, university & industry updates
- UAC info sessions: <https://www.uac.edu.au/schools/uac-digital>
- Information on Early Entry (SRS) has been emailed to students (PowerPoint slides) and also information on an upcoming session run by UAC: <https://uacdigital.easywebinar.live/earlyentry-43>
- Year 12 students can use the UAC online tool Course Compass to assist their decisions
- Reminders about upcoming deadlines are posted on Google Classroom/emailed to students
- Create Your Career Google Site with tailored resources (via BHHS accounts)

- * EAS
 - * Documentation due to school 1 Nov
 - * Documentation uploaded by students to UAC 17 Dec (school to send EIS directly to UAC)
 - * Eligibility letters released progressively from 21 Jan (for offers 26 Jan)
- * SRS (Early Entry)
 - * Change of preferences 4 Nov
 - * Offers released 12 Nov
- * ATARs 20 Jan
- * HSC Results 24 Jan
- * [Change of preferences Midnight 21 Jan]
- * Uni Offers 7:30am 26 Jan (*most offers made in this round*)

*Key Dates

- * *Please contact me via email to book a mock interview*
- * **Attend Info Days online/F2F in Dec/Jan** to ask questions about preferences, courses
- * **See Google Classroom/emails for:**
 - * Co-op Interview Tips (video/guide)
 - * Med Interview Tips (video/guide)
 - * Study Skills Video (Dr Marie Hadley)
 - * Interview Skills Online Course (From High School to Hireable)
 - * EAS Video/Guides
 - * UAC Digital recorded sessions (various topics)
 - * Study Work Grow Choosing Preferences Guide

*Resources/Events



**REAL WORLD
JOB INTERVIEW SKILLS
VIDEO COURSE**

Helping students perform at their best.
From application to outfit, interview to job offer.
For entry level job interviews & Uni interviews.



Includes: Bonus peer interviews with 16-24 years olds. How I got my job and other helpful info. + loads of FREE Interview preparation resources



Includes: Resume and Cover Letter Template Pack. How to write a resume that gets you to the interview. Step by step instructions

4 INTERVIEW PREPARATION MODULES
16 Videos | 4 Downloadable Workbooks | 10 Practical Tasks

CONFIDENCE & HOW TO TALK ABOUT YOU



FINDING STRENGTHS & WEAKNESSES



JOB SEARCHING & HANDLING REJECTIONS



APPLYING FOR JOBS & UNI + RESUMES



Sign in details have been emailed by Ms Hardy to Year 12

Follow us and get FREE resources at [in](https://www.linkedin.com/company/highschoolhireable) [f](https://www.facebook.com/highschoolhireable) [ig](https://www.instagram.com/highschoolhireable) info@highschoolhireable.com.au

HighSchool Hireable
BY INTERVIEW CHIX

Update of Address and Contact Details

If there have been any changes to your home address, phone number or email address, please email the school with any changes **asap**

It is important that parents/guardians keep the school informed of any changes

baulkham-h.school@det.nsw.edu.au

If your preferred email address is a hotmail/yahoo address please check your spam/junk folder

Careers News – Create Your Career Google Site

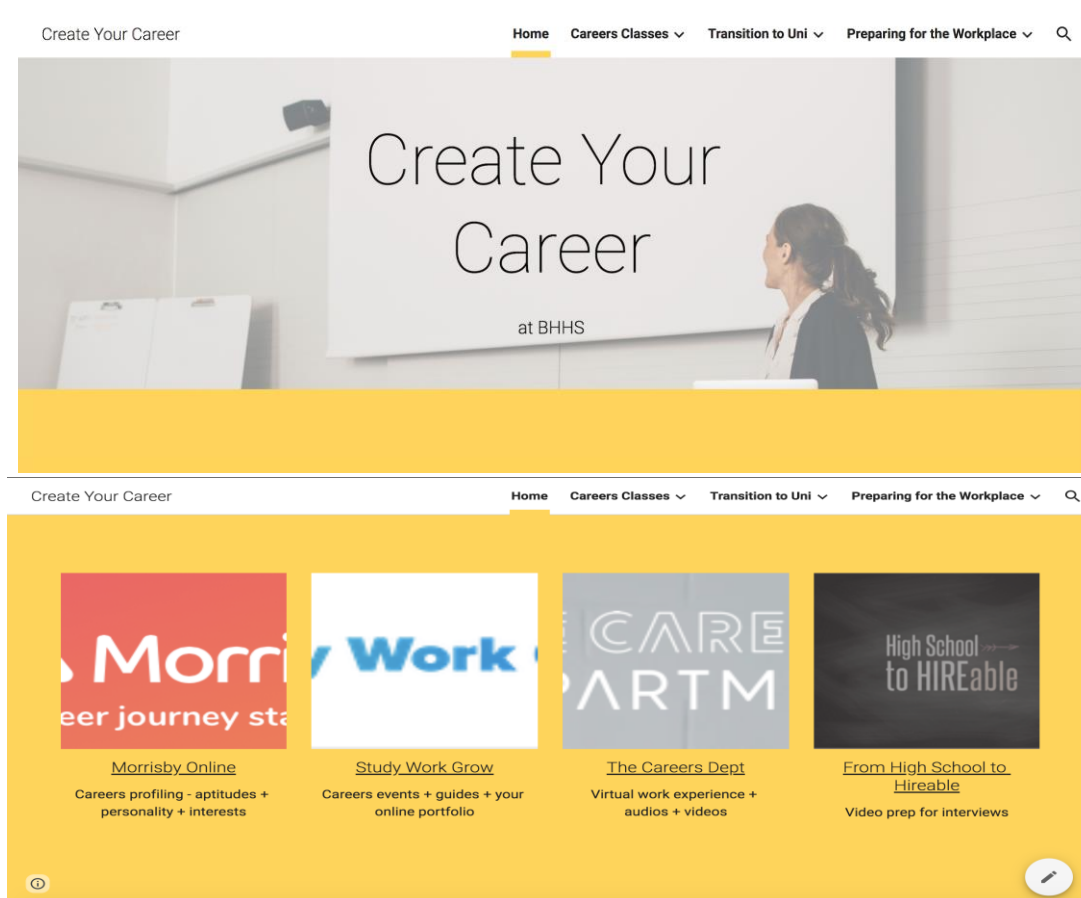
Students can access this content via their @bhhs Google accounts. To help your child with their career development process, please see this link: <https://myfuture.edu.au/assist-your-child>

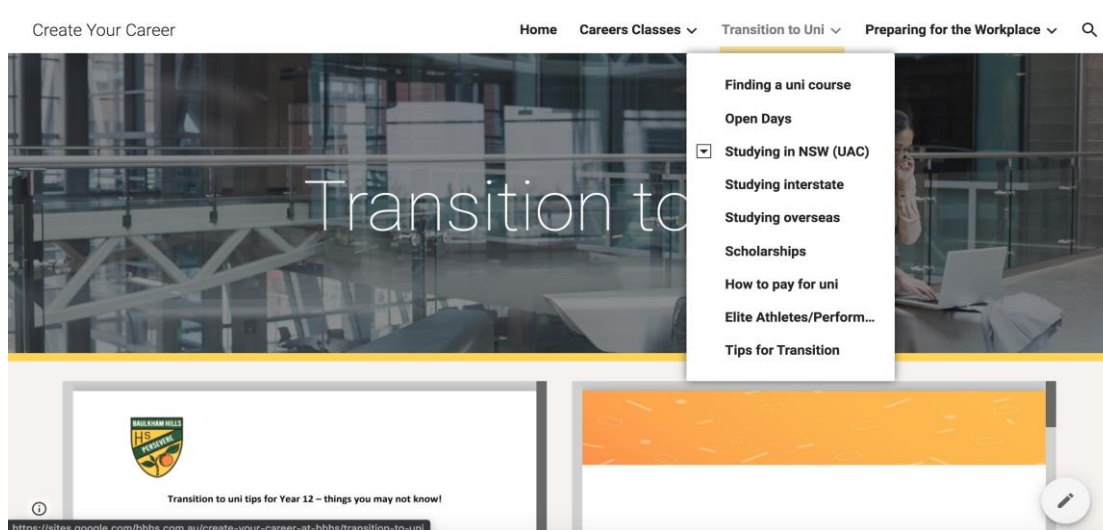
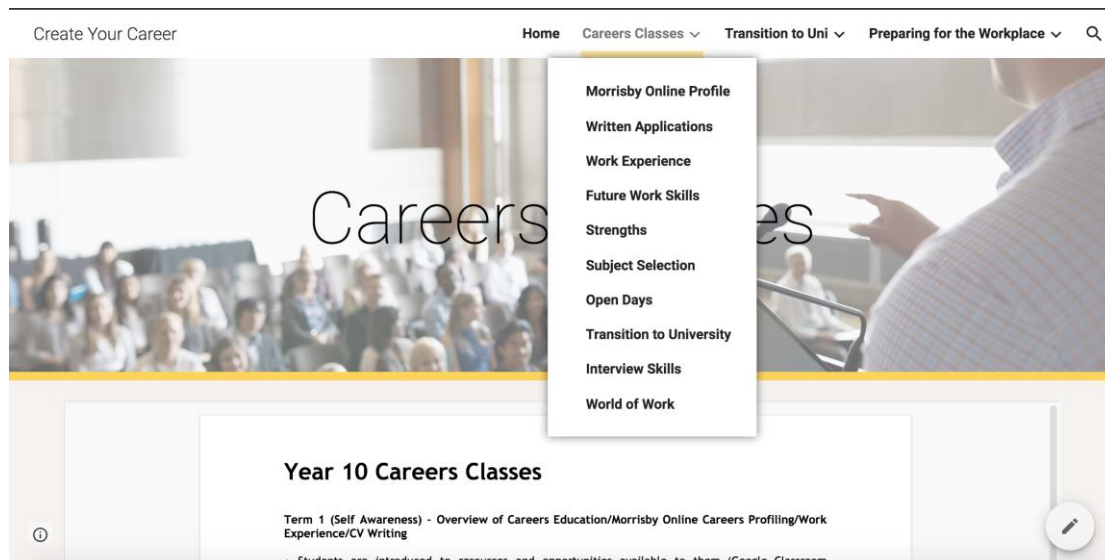
From the homepage, students can access all their subscription resources:

- Morrisby Online Career Profiling (aptitudes, personality, interests)
- Career Central (Career Management software)
- Study Work Grow (guides, updates, portfolio)
- The Careers Department (virtual work experience, audios, videos)
- From High School to Hireable (coming 2021 – online interview skills course)

As well as content on Careers Classes, Transition to Uni and the Workforce, students have easy access to useful tools:

- Book a Careers appointment spreadsheet
- Careers Checklists
- Uni speakers at BHHS
- Year 12 Deadlines







myfuture has a new look!

Informed by feedback from users and experts, myfuture's updated website continues to provide access to high-quality and reliable career information from official sources, but its tools and resources have been restructured to make them easier to explore. A number of new features have also been introduced, including a 'My Favourites' section, glossary terms and tips to help students uncover new information and options.

As a government-funded service, myfuture provides free online resources and tools to support students to develop self-knowledge for career decision-making.

myfuture's personalised features assist young Australians to explore how their values, interests and skills relate to a wide range of career options and vocational and higher education pathways.



Complete [My career profile](#) activities



Use [Career bullseyes](#) to learn about career pathways related to school learning areas



Explore over [350 occupations](#)



Discover higher education and vocational education and training (VET) [courses](#)



Access important [industry information](#), including employment prospects



Get tips and tricks by reading real-life [career stories](#)



Read [career articles](#) to discover practical information to support career exploration



Learn more about educational [institutions](#) and study options



Find out about [organisations](#), career resources, opportunities and career pathways



Explore resources for [teachers and career practitioners](#)



Begin the conversation about the world of work as a [parent or carer](#)

myfuture also offers targeted resources and professional development opportunities for those who support or influence career choices, such as teachers, career practitioners, parents and carers.

Explore the recent updates: <https://bit.ly/myfuture20>

Lost Property on Hills Bus

Lost Property Contact Details

For enquiries about lost items, please contact the relevant depot for further information.

Alternatively, if your matter is urgent please contact Transport for NSW on 131 500.

Not sure who to contact? Visit [Lost Property – Transport for NSW](#).

Hillsbus

 (02) 9890 0000

 customer.service@cdcbus.com.au

Symptoms of COVID-19

Symptoms of COVID-19 include:

- Fever (37.5°C or higher)
- cough
- sore/scratchy throat
- shortness of breath
- loss of smell or
- loss of taste

Other reported symptoms include:

- fatigue
- runny nose
- muscle pain
- joint pain
- headache
- diarrhoea
- nausea/vomiting
- loss of appetite

When COVID-19 symptoms appear

The amount of time between exposure to the virus and the first appearance of symptoms is usually 5 to 6 days, although it may range from 2 to 14 days.

People who might have been in contact with someone who is confirmed to have COVID-19 should [self-isolate](#) for 14 days.